

Stress Control Mindset Measure (SCMM)

The following questions are designed to assess your ideas about stress.

As we are interested in YOUR ideas about stress, there are no right or wrong answers.

Please indicate the extent to which you agree or disagree with the following statements.

	Strongly disagree	Disagree	Somewhat disagree	Somewhat agree	Agree	Strongly agree
1. You are unable to use stress to enhance your performance and productivity*	1	2	3	4	5	6
2. Stress can be used as a way to get the most out of your life	1	2	3	4	5	6
3. Stress can be used to enhance your health and vitality	1	2	3	4	5	6
4. Stress must be reduced or avoided to get the most out of life*	1	2	3	4	5	6
5. You can use stress to boost your performance and productivity	1	2	3	4	5	6
6. Stress will impair your health and vitality*	1	2	3	4	5	6
7. Stress can be used to enhance your performance and productivity	1	2	3	4	5	6
8. You can use stress to stimulate your health and vitality	1	2	3	4	5	6
9. Stress can be used to enhance your learning and growth	1	2	3	4	5	6
10. The effect of stress on you is negative*	1	2	3	4	5	6
11. You are unable to use stress to enhance your learning and growth*	1	2	3	4	5	6
12. You are unable to use stress to enhance your health and vitality*	1	2	3	4	5	6
13. Stress will impair your learning and growth*	1	2	3	4	5	6
14. Stress will impair your performance and productivity*	1	2	3	4	5	6
15. You can use stress to facilitate your learning and growth	1	2	3	4	5	6

* Reverse coded item

Citation:

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